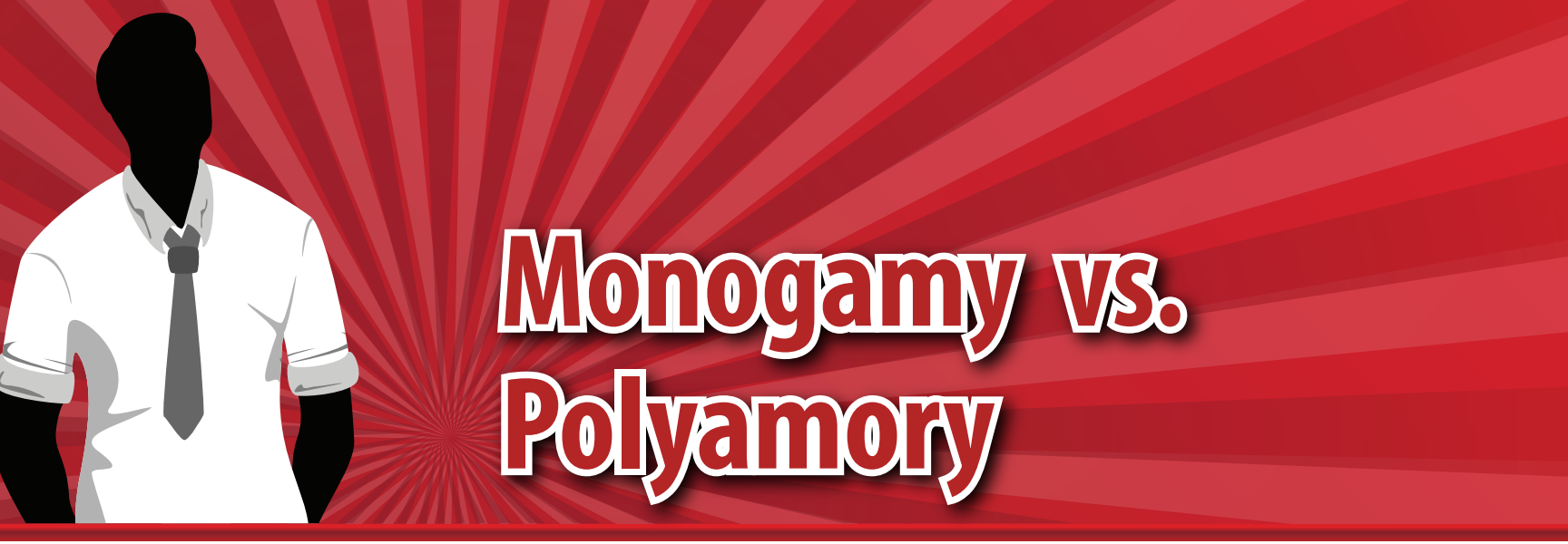
Monogamy vs. Polyamory



Once you've built confidence in yourself and the material we've gone over in this book, you'll start meeting lots of women and you'll have to decide whether you want to be with one woman or several women at the same time. I know that the natural response of most men will be "Of course I want to be with several women!" but being a "player" and being polyamorous are two very different things. A player lies to the women he's with so that they have no idea he's seeing other people. This doesn't even require actively lying – a player can easily deceive the women he's dating without lying outright.

Polyamory, in contrast, means having many relationships at the same time with the consent of all involved. A lot of guys consider this to be the holy grail of dating, but it's not difficult to achieve when you understand the rules, and you understand why polyamory works and what the benefits are. To be polyamorous successfully, you must also be aware of the negative aspects of having open relationships and know how to tell when polyamorous relationships aren't going to work out.

Personally, I feel that you should only be monogamous with someone when you feel that there's a chance that you could be in love with

that person. If you can't see yourself marrying someone after being with her for a while, then you're wasting her time and your time by continuing the relationship.

Let's talk about serial monogamy for a moment, because serial monogamy is something that a lot of men and women experience. A serial monogamist is someone who bounces from relationship to relationship without ever really finding the person they're looking for. They're single only for short periods of time, and latch on immediately when they find someone new to be in a relationship with.

Think of this desperate desire to have a relationship as a race with hurdles. A relationship is the final hurdle, so to get to it you have to jump over a lot of other hurdles first. If, like a lot of guys, you're too focused on the last hurdle, you won't clear any of the other ones because you're not paying enough attention to them. You won't even make it to the last one!

If you go out in search of women who are looking for relationships, you won't be able to create attraction, build rapport, have sexual tension and attraction, and ultimately gain the interest of the woman that you desire because you'll be so focused on the end goal that you will ignore the process. Approaching relationships in this way causes a great deal of neediness, which is incredibly unattractive to women.

To figure out if monogamy or polyamory is right for you, you must examine your relationship, in the most honest way possible, and ask "Is this woman going to have everything necessary to make me comfortable with being with her for the rest of my life?" This doesn't necessarily mean that you're going to marry her – it just

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means that she has the potential to be the person you choose to monogamously have a relationship with for the rest of your life.

The perfect woman is not going to appear out of nowhere. If you're looking for the perfect woman, you should probably stop reading this because that's not how life and relationships work. Instead of meeting someone who is already the perfect woman, you're going to meet someone who wants to become the perfect woman for you.

There are two mentalities when it comes to monogamous and polyamorous relationships: the abundance mentality and the scarcity mentality. A person has the abundance mentality when he realizes that he has lots of options when it comes to the women he dates. If you don't feel like you have a lot of options (a side effect of having limiting beliefs), then you have the scarcity mentality. Many men have a natural tendency to assume the scarcity mentality, and as a consequence they think that every woman who is interested in them might be the last. As you can probably guess, this creates a lot of unappealing neediness. The neediness will then lead to a man becoming jealous, territorial, and unattractive. Banish the scarcity mentality now, or it will ruin every one of your future relationships.

When you are with someone that you want to be with monogamously, you still need to feel that you have options. Your mentality should be that you know that you have plenty of options, but that you have chosen the best one. This is the only way you can truly trust your judgment. Every decision you make comes from the mental state you are in when you make it, so where relationships are concerned you need to make decisions from an abundance mentality. Otherwise, every decision you make will be influenced by the fear that

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you will never find the woman of your dreams. Constantly worrying that you will never find the right woman will cause you to act in ways that repulse women, so your fear will become reality.

Believing that you have options – even if you don't actually see them – will change your success rate dramatically. When you meet the woman of your dreams, you need to be in the abundance mental state so that you feel like you are choosing her over all of the other options you have.

The first thing you need to do when you meet a woman is decide if she's someone you want to be monogamous with or polyamorous with. To do that, you need to use a system created by Robert Sternberg, a psychologist who studies relationship psychology and the psychology of love, in the 1980s. I'm going to use terminology that's a little bit different than what he originally used, but the basic ideas are the same. Sternberg created something called the triangular theory of love (though I prefer to call it the consummate love triangle). The consummate love triangle is the idea that three different things are needed in order for us to fall in love with someone, and that those three things must be mutual for a healthy relationship to occur.

Sexual attraction is the first part of the consummate love triangle. You can easily tell if you do or do not have sexual attraction, so I'm not going to discuss it here. The second part is logical attraction. Logical attraction is largely an indicator of logistical issues. Ask yourself "Does it make complete, logical sense for me to be with this person?" Does she live in the same city? Is her life direction the same as mine? Is the timing right? A lack of logical attraction is the

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#1 reason relationships don't work out because most people don't recognize that it's important enough to consider.

The last piece of the consummate love triangle is emotional attraction. Emotional attraction is the rapport aspect of the connection that you build with a woman. If your relationship has two parts of the consummate love triangle but not all three, you are heading on the path to polyamory.

As far as we know, you will only live once. You cannot afford to settle for anything less than absolutely perfection. You can never allow yourself to think "Well, she's good enough." Every one of your relationships must be based on the right things. It's your job as a man to make sure that you have emotional, logical, and sexual attraction with every woman you date seriously.

When you only have two pieces of the triangle, for example emotional and sexual but not logical, you're caught in what's referred to as hopeless romantic love. Hopeless romantic love feels exactly like being in consummate love. There's no emotional difference between the two, but you will have a nagging feeling in the back of your head that the relationship isn't going to work out. For the relationship to work out, you will have to continuously suppress that feeling. You will find yourself in a relationship that you know will not work out simply because it feels good, and that makes you selfish.

The big problem here is that the woman you're with may not understand that, and will continue to think that she has everything you need. In reality, it's not her job to deal with this issue. As a man who is playing the male gender role, it's your job to be in control of this and to make sure that you maintain the balance.

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If your relationship involves logical and sexual attraction, but not emotional attraction, you have superficial love. Essentially, you're in a friends-with-benefits situation. A lot of guys who are afraid to open up emotionally like this kind of relationship because it requires no real emotional commitment, but a relationship like this is polyamorous – it's not an "in love" relationship.

The potential for monogamy comes when a relationship includes all three forms of attraction. If all three are not present, or you're not willing to create all three, do not be monogamous. Navigating the world of non-monogamy can be a little tricky – the reality is that it's much easier to screw it up than it is to do it correctly – so later on in this chapter I'm going to share with you some of the rules for successful polyamory.

To determine if you should be monogamous with a woman or polyamorous with her, you need to know how to tell the difference between loving someone and being in love with someone. Most of you have either said or heard the phrase "I love you, but I'm not in love with you. The big question that raises is: Is that a legitimate feeling, or is it just an easy way to get out of a relationship? I strongly believe that there's a difference between loving someone and being in love with them.

Loving someone means that emotional attraction is present in your relationship with them. It means that you have built rapport. You trust and have a connection with that person, whether it's a romantic connection with a woman you're interested in or the platonic connection that you experience with friends and family. You can love anyone, but you can't necessarily be *in* love with anyone.

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Being in love with someone means that your relationship with them possesses all three parts of the consummate love triangle. You have sexual attraction, emotional attraction (which means that you've built rapport), and you have logical attraction. Logical attraction is the only corner of the love triangle that you have to supply. It's your duty to recognize if something like the timing is off, and to say something about it.

If you're missing logical attraction, you have two options: you can either be a part of the problem, or you can be a part of the solution. When you notice a lack of logical attraction in a relationship, you must decide if you want to be with the woman now and not with her later, or with her later but not with her now. The best chance you have for a relationship to work out is to not be part of a woman's transition, to not be part of what she goes through to become the person that she wants to be.

If your decision is that you want to be with her later, you need to let her go so that she can experience everything she needs to experience and go through her period of transitioning without you. She will get in touch with you afterwards if she's still interested in a relationship with you. You cannot afford to ignore this when you're with a woman, and you cannot afford to act like a child in a relationship. A little boy will never be able to be polyamorous, but most men who attempt polyamory act as if they are. You absolutely cannot be a little boy and a badass at the same time.

To be a badass, you need to recognize what kind of love you have. If you're caught up in hopeless romantic love and don't have logical attraction, you need to have a chat with the woman you're dating.

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Let her know that things are not going to work out in the long run, that you're together for the moment because it feels good and because you can learn from each other. If your relationship has logical and sexual attraction, better known as superficial love, let the woman know that as well. Without that information, she might start becoming emotionally attracted because she thinks that you have emotional attraction for her, and allowing her to think that when you know it isn't true is selfish, misleading, and deceitful. A badass always takes responsibility for the outcome of his relationships.

The decision to be polyamorous or monogamous needs to come from searching for the missing corner of the triangle. Go through a checklist in your head to determine which one might be missing. Determining if you have sexual attraction is easy. If the answer is yes to questions like "Do I feel like I'm really close to her?" and "Do we feel love for each other?" you have emotional attraction. The last question to ask is "Does this relationship make complete sense for me?" When you ask yourself this question, if you find yourself answering "no" for even a split second and then rationalizing that answer afterwards, you have to face the fact that your relationship is lacking logical attraction.

It doesn't matter what kind of relationship you're in – no kind of relationship is "wrong" while another kind is "right" – as long as you're open about it with the person you're dating. You or the woman you're with will naturally start to feel a drive to add a missing piece of the triangle if you start to get involved too much, so the sooner you can recognize if you're in a consummate love relationship or a polyamorous relationship, the better.

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If you decide your relationship is the latter, there are a set of rules you must abide by in order to make the relationship successful. The first, and sometimes hardest, rule is *no jealousy*. You cannot be jealous of her, and she cannot be jealous of you. You have to be happy for her if one day she tells you that she met a man who is better for her. I know that sounds hard, but if you're unable to be happy for her in that situation, it means that you are insecure and feel insignificant, and therefore are not ready to be polyamorous. The woman needs to feel like you are helping her to find the perfect man, since you cannot be the perfect man for her. Until you each find your ideal mates, you must help each other to do so and learn everything you can from each other along the way.

The second rule for polyamorous relationships is that you must have selfless satisfaction. Having selfless satisfaction means that whenever she is happy, you are happy, and that whenever she is unhappy, you are unhappy as well (and vice versa). This rule for happiness applies to both the short term and the long term, which essentially means that you must leave a woman better than you found her. That should be your mantra if you are planning to be polyamorous.

One of the most important rules for polyamory is that you must tell women that you are polyamorous very early on in your acquaintance. Before you make out with a woman, before you sleep with her, and before you've built rapport and trust with her, she needs to know, because finding out later will make her feel like she has been used, and that you are untrustworthy.

Don't be afraid that telling a woman that you're polyamorous will scare her away. If you have an abundance mentality, that will not happen.

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Of all the women I've said this to, only two never ended up dating me in one form or another – and believe me, as a professional relationship expert, I've said this to a *lot* of women! In the beginning of my studies, I found that telling women about my polyamory early on was usually the deciding factor in whether or not our relationship was successful.

The fourth rule is that you cannot lead women on. You must end your relationship with a girl if you know that things are not going to work out with her. Constantly reinforce the idea that you are not ultimately going to be the man for the women you are polyamorous with so that they don't start to think you're in a consummate love relationship when you're not.

Rule number five is that you must help your polyamorous partners grow and find their long-term mates. Help them to become more than what they currently are. After a woman has dated you polyamorously, she should think that she is closer to finding her perfect man because of you.

The next rule is that you must let her go at some point – you cannot hold on to her forever. You both should enter a polyamorous relationship knowing that you are together only temporarily, so if she finds a man who is better for her than you are, you must encourage that relationship.

The final rule for successful polyamory is that you must sexually validate your partners. That might mean sleeping with them, or it might just mean making them feel sexy. However you go about it, the end goal is making her feel wanted and desired as a woman.

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The announcement that you are polyamorous is bound to provoke a few questions. The number one question I'm asked is "What does that mean?" The technical answer is that "poly" means "many" and "amory" means "love," so together they mean "many loves" or having multiple lovers at the same time. It's also important that, when you explain this to a woman, she understands that everyone involved with you knows that you are seeing multiple people and that they are all ok with it. Out of all the different methods I've experimented with to answer the "What is polyamory?" question, this is the most powerful.

There are a few other questions you're likely to get when you bring up the subject of polyamory, so check out the members' area if you're interested in more information on how to discuss the topic.

The most valuable thing you need to take away from all of this is that you must kill the serial monogamist inside of you. Only date someone if you know you want to be with them, otherwise you're wasting her time and yours. A badass does not lead women on. All you accomplish by dating a woman you know you're not the perfect man for is making it harder for the guy who is her perfect man to find her. There are plenty of women to go around – you don't need to horde them all! So look out for your fellow men and make it easier for them to find the women of their dreams.

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